

#### Report on

## <u>Preconception Screening-Sensitization drive on Over the Counter Drug Abuse</u> <u>in collaboration with NSS</u>

Date: Monday, 3<sup>rd</sup> April 2023.

Venue: Panchayat Bhawan, Village Alipur, Sohna

**Event Type: Intra-University** 

Mode of Activity: Offline

Target Group: Villagers of Alipur, NSS & SMAS Students and

Resource Person (if any): Dr. Pankaj Gupta, Ms. Meher, Mr. Kaushal

Coordinators: Dr. Pankaj Gupta, Ms. Meher, Mr. Kaushal

Organized by: School of Medical & Allied Sciences

Number of Participants (Attach Attendance as Annexure): 60 (including 40 villagers, 15

SMAS Students & 5 NSS Students)

#### Introduction

Over-the-counter (OTC) drugs are medicines that are sold directly to consumers without requirement for a prescription by Medical Practitioner's. In this context, OTC counselling becomes an essential aspect wherein a pharmacist may provide information on the subject of initiating, modifying, or stopping an over-the-counter (OTC) drug keeping in view the patient's concerns and drug-related requirements. The types of drugs that are involved in OTC counselling are, for example, used to treat self-diagnosable conditions like heartburn, cough etc. OTC drug abuse and Self-medication are other phenomenal aspects concerning the common man that are inflating drastically within healthcare system. Self-medication takes patient towards greater independence in making decisions about management of minor illnesses but is also associated with major risks such as misdiagnosis, use of excessive drug dosage, prolonged duration of use, drug interactions and antimicrobial resistance.

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## **Objectives**

An outreach programme was conducted to provide awareness to the villagers of Alipur, Sohna, District Gurugram on the following aspects:

- 1. OTC Drugs
- 2. Drug Abuse
- 3. Self Medications
- 4. Short term effects of self medication
- 5. Prolonged Effects of self medication

#### Content

The School of Medical and Allied Sciences (SMAS) organised Outreach Programme on Preconception Screening-Sensitization drive on Over the Counter Drug Abuse at Alipur in collabration with NSS KRMU. The speakers of the session were Dr. Pankaj Gupta, Ms. Meher and Mr. Kaushal Kumar. Dr. Pankaj Gupta started the session by telling about the Over-the-counter (OTC) drugs and the various aspects related to misuse or overuse of OTC drugs such as addiction and other side effects. Ms. Meher enlightened villagers about Drug Abuse and told its effects using examples. Mr. Kaushal also told villagers about the pros and cons related to Self Medications. The session was followed by group discussion wherein villagers shared their personal experiences and medical problems.

This activity fostered in creating awareness related to the OTC medications and related Drug abuse to the villagers of Alipur, Sohna, District Gurugram. The villagers were able to understand the relevance of OTC drugs with their effects and associated side effects. The villagers were able to understand the difference between Prescription drugs and OTC drugs, drugs leading to addiction and other side effects such as anxiety, stress, drowsiness etc. This sensitization drive will surely culminate the cases of OTC drug abuse and cases of self-medications by creating awareness among the villagers. The students were also benefitted by learning methodology of spreading medical awareness among the general public using such drives.

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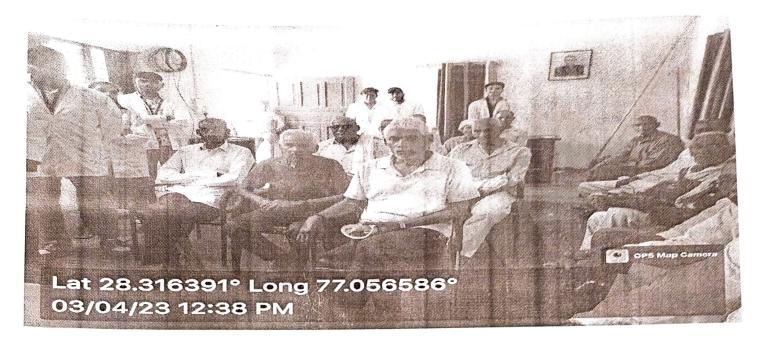


Pic 1: SMAS Faculties and Students at Sensitization drive on Over the Counter Drug Abuse at Alipur



Pic 2: Dr Pankaj Gupta explaining the villagers about the Over-the-counter (OTC) drugs

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Pic 3: Villagers of Alipur participating in the Outreach Programme



Pic 4: SMAS and NSS Teams at Sensitization drive on Over the Counter Drug Abuse



Report prepared by	Dr. Pankaj Gupta
	Ms. Meher Priya Walu
	Mr. Kaushal Khatana
Report verified by Event	Dr. Pankaj Gupta
Coordinator	Ms. Meher Priya Miliu
	Mr. Kaushal Khatana
Report Seen by Dean	Dr. Hema Chaudhary
Report Seen by IQAC OFFICE	Dr. Shikke Dun Shangani
	Dr. Shirth Dun Jehr School County Born 124 6 11

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#### **Attendance Sheet-Target Group**

Extension Activity "Preconception screening-Sensitization drive on Over the Counter Drug Abuse"

Date: 03-04-2023

Venue: Alipur Village

### SCHOOL OF MEDICAL AND ALLIED SCIENCES (Pharmacy department)

Sr No.	Name	Age	Occupation	Address	Signature
1.	Sirdatl	72	Farmer	Alipur	12000
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Date: 03-04-2023

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## SCHOOL OF MEDICAL AND ALLIED SCIENCES (Pharmacy department)

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Sr No.	Name	Age	Occupation	Address	Signature
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21.	Shriya	98	Housewife	Alipur	21211
22.	Mahender Singh	48	Farmer	Ali bu	Mechanille
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26.	Satish	45	Engineer	Alipur	इसीया
27.	शनी देवी	72	Housew ife	Alipur.	CTA dat
28.	वीअला	60	Housewije	Alipur	al sidi
29.	महेच क्यार	45	Bervice.	Alipur.	NET 5416
30.	सुशीला	40	Housewife	Alipur.	युवाीला

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Date: 03-04-2023

Venue: Alipur Village

# SCHOOL OF MEDICAL AND ALLIED SCIENCES (Pharmacy department)

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32.	वश्पाई	60	Housewife	'	97415
33.	kanul	28	Pharmacist	Alipur.	Robert
34.	Rathi	<u> </u>	Housewife	Alipur.	Robbi
35.	Chandvabose	68	lab Tech.	Alipur	chamb.
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# **Student Attendance Sheet**

# Extension Activity "Preconception screening-Sensitization drive on Over the Counter Drug Abuse"

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